

## CLAIMS

What we claim as our invention is:

1. A resistance training device comprising:  
a conformable base; and  
one or more resistance arms affixed to said conformable base.
2. The device of Claim 1 wherein a plurality of resistance training exercises are executable with said device.
3. The device of Claim 2 wherein said one or more resistance arms provide multiple levels of resistance for each resistance training exercise.
4. The device of Claim 3 wherein said multiple levels of resistance are achieved by employing multiple resistance arms of varying strengths.
5. The device of Claim 3 wherein said multiple levels of resistance are achieved by employing multiple resistance arms of similar strength.
6. The device of Claim 1 wherein said one or more resistance arms comprise one or more lengths.
7. The device of Claim 6 wherein said one or more lengths are adjustable.
8. The device of Claim 1 wherein said one or more resistance arms comprise one or more degrees of elasticity.
9. The device of Claim 1 wherein said one or more resistance arms are removable.
10. The device of Claim 1 wherein said conformable base is inflatable.
11. The device of Claim 1 wherein said resistance arms are elastic.
12. The device of Claim 1 wherein said conformable base supports the weight of a user.

13. The device of Claim 1 wherein said one or more resistance arms comprise one or more handles.
14. The device of Claim 13 wherein said one or more handles are removable.
15. The device of Claim 1 further comprising one or more fixtures that permit use of one or both of a user's feet in order to execute resistance training.
16. The device of Claim 15 wherein said one or more fixtures are removable.
17. The device of Claim 1 wherein said one or more resistance arms are affixed to said conformable base in one or more positions.
18. The device of Claim 1 wherein said conformable base is spherical.
19. The device of Claim 1 wherein said conformable base comprises polyvinyl chloride, latex, natural or synthetic or butyl rubber, elastomer, vinyl, nylon, fabric, foam, neoprene, solid foam rubber, plastic, foam PVC, or combinations thereof.
20. The device of Claim 1 wherein said device is portable.
21. The device of Claim 1 wherein said one or more resistance arms comprise natural rubber, synthetic rubber, rubber latex, plastic, elastomer, nylon, foam, Velcro, or combinations thereof.

22. A method comprising:  
positioning a conformable base having one or more affixed resistance arms; and  
exercising one or more body parts by manipulation of said one or more affixed  
resistance arms.
23. The method of Claim 22 further comprising executing a plurality of resistance  
training exercises with said conformable base having one or more affixed resistance  
arms.
24. The method of Claim 23 further comprising providing multiple levels of resistance  
with said one or more affixed resistance arms for each resistance training exercise.
25. The method of Claim 24 further comprising employing multiple resistance arms of  
varying strengths to achieve said multiple levels of resistance.
26. The method of Claim 24 further comprising employing multiple resistance arms of  
similar strength to achieve said multiple levels of resistance.
27. The method of Claim 22 wherein said one or more body parts comprise one or more  
muscle groups.
28. The method of Claim 22 wherein said one or more body parts comprise one or more  
connective tissues.
29. The method of Claim 22 wherein one or more body parts comprise any body part  
needing rehabilitation.
30. The method of Claim 22 wherein exercising comprises rehabilitating.

31. A method of rehabilitation comprising:
- positioning a conformable base having one or more affixed resistance arms; and
- exercising one or more body parts in a manner that promotes wellness.
32. The method of Claim 31 further comprising providing multiple levels of resistance with said one or more affixed resistance arms.